

WHAT IS CLAIMED IS:

1. A beverage composition comprising:

a) a first component which is arabinogalactan; and

b) a second component comprising two or more vitamins selected from the group consisting of vitamin A, vitamin C, vitamin D, vitamin E, and B-complex vitamins.

2. A beverage composition according to Claim 1 which comprises from about 0.001% to about 50% of arabinogalactan, by weight of the composition.

3. A beverage composition according to Claim 2 which comprises from about 0.001% to about 15% of arabinogalactan, by weight of the composition.

4. A beverage composition according to Claim 3 wherein the arabinogalactan is naturally occurring within a tree source of the genus *Larix*.

5. A beverage composition according to Claim 4 which is a dry beverage composition.

6. A beverage composition according to Claim 5 comprising:

(a) from 0% to about 1% of vitamin A, by weight of the composition;

(b) from 0% to about 2% of vitamin C, by weight of the composition;

(c) from 0% to about 0.5% of vitamin D, by weight of the composition;

(d) from 0% to about 2% of vitamin E, by weight of the composition; and

(e) wherein when the composition comprises one or more B-complex vitamins, the composition comprises from 0% to about 2% of each B-complex vitamin, by weight of the composition.

7. A beverage composition according to Claim 4 which is a ready-to-drink beverage composition comprising at least about 50% water.

8. A beverage composition according to Claim 7 comprising:

(a) from 0% to about 1% of vitamin A, by weight of the composition;

(b) from 0% to about 2% of vitamin C, by weight of the composition;

(c) from 0% to about 0.5% of vitamin D, by weight of the composition;

(d) from 0% to about 2% of vitamin E, by weight of the composition; and

- (e) wherein when the composition comprises one or more B-complex vitamins, the composition comprises from 0% to about 2% of each B-complex vitamin, by weight of the composition.

5 9. A beverage composition according to Claim 8 wherein:

- (a) when the composition comprises vitamin A, the composition comprises from about 0.0002% to about 0.5% of vitamin A, by weight of the composition;
- (b) when the composition comprises vitamin C, the composition comprises from about 0.0002% to about 1% of vitamin C, by weight of the composition;
- 10 (c) when the composition comprises vitamin D, the composition comprises from about 0.00002% to about 0.5% of vitamin D, by weight of the composition;
- (d) when the composition comprises vitamin E, the composition comprises from about 0.0002% to about 1% of vitamin E, by weight of the composition; and
- 15 (e) when the composition comprises one or more B-complex vitamins, the composition comprises from about 0.0002% to about 1% of each B-complex vitamin, by weight of the composition.

10. A beverage composition according to Claim 9 which has a pH of from about 2.5 to about 7.

20 11. A beverage composition according to Claim 10 comprising one or more vitamins selected from the group consisting of vitamin A, vitamin D, and vitamin E.

12. A beverage composition according to Claim 11 comprising vitamin A and vitamin C.

25 13. A beverage composition according to Claim 11 comprising vitamin A and vitamin E.

14. A beverage composition according to Claim 11 comprising vitamin C and vitamin E.

30 15. A beverage composition according to Claim 11 comprising vitamin A, vitamin C, and vitamin E.

16. A beverage composition according to Claim 15 wherein the vitamin A is *beta*-carotene, the vitamin C is ascorbic acid, and the vitamin E is vitamin E acetate.

35 17. A beverage composition comprising:

- a) a first component which is arabinogalactan; and

- b) a second component comprising one or more vitamins selected from the group consisting of vitamin A, vitamin D, and vitamin E.

18. A beverage composition according to Claim 17 which comprises from about 0.001% to about  
5 50% arabinogalactan, by weight of the composition.

19. A beverage composition according to Claim 18 which comprises from about 0.001% to about  
15% arabinogalactan, by weight of the composition.

10 20. A beverage composition according to Claim 19 wherein the arabinogalactan is naturally  
occurring within a tree source of the genus *Larix*.

21. A beverage composition according to Claim 20 which is a dry beverage composition.

15 22. A beverage composition according to Claim 21 comprising:

- (a) from 0% to about 1% of vitamin A, by weight of the composition;
- (b) from 0% to about 0.5% of vitamin D, by weight of the composition; and
- (c) from 0% to about 2% of vitamin E, by weight of the composition.

20 23. A beverage composition according to Claim 20 which is a ready-to-drink beverage  
composition comprising at least about 50% water.

24. A beverage composition according to Claim 22 comprising:

- (a) from 0% to about 1% of vitamin A, by weight of the composition;
- 25 (b) from 0% to about 0.5% of vitamin D, by weight of the composition; and
- (c) from 0% to about 2% of vitamin E, by weight of the composition.

25. A beverage composition according to Claim 24 wherein:

- 30 (a) when the composition comprises vitamin A, the composition comprises from about  
0.0002% to about 0.5% of vitamin A, by weight of the composition;
- (b) when the composition comprises vitamin D, the composition comprises from about  
0.00002% to about 0.5% of vitamin D, by weight of the composition; and
- (c) when the composition comprises vitamin E, the composition comprises from about  
0.0002% to about 1% of vitamin E, by weight of the composition.

35 26. A beverage composition according to Claim 25 which has a pH of from about 2.5 to about 7.

Variable	Mean	SD	Min	Max	Skewness	Kurtosis	Shapiro-Wilk	Normality
Age	35.2	12.5	18	65	0.15	3.2	0.98	0.95
Gender	1.2	0.4	1	2	0.05	3.5	0.99	0.98
Education	12.5	2.1	9	16	0.25	3.8	0.97	0.96
Income	45000	15000	20000	80000	0.35	4.1	0.96	0.94
Marital Status	1.8	0.4	1	2	0.05	3.5	0.99	0.98
Health Status	2.5	0.5	1	3	0.10	3.3	0.98	0.97
Stress Level	3.2	0.8	1	5	0.20	3.9	0.97	0.95
Life Satisfaction	4.1	0.9	1	5	0.15	3.2	0.98	0.96
Work-Life Balance	3.8	0.7	1	5	0.18	3.7	0.97	0.94
Family Support	4.5	0.6	1	5	0.12	3.1	0.99	0.97
Community Involvement	2.8	0.5	1	4	0.10	3.4	0.98	0.96
Personal Growth	3.5	0.7	1	5	0.15	3.6	0.97	0.95
Overall Well-being	3.9	0.8	1	5	0.18	3.8	0.97	0.94